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the newham mag

Issue 309 // 13 - 26 February 2015



**Cutting
a dash**

Newham Swords
making their mark (p15)

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In this edition of the Newham Mag we keep the memory of the Holocaust alive. Take a look at how almost 500 residents including children, Mayor Sir Robin Wales and councillors, marked this year's Holocaust Memorial Day (p8).

We also take a look at how you need to act fast if people who have had a stroke are to have the best chance of a full recovery (p11). You can also find out what one of most successful small businesses, Caffè7 in Forest Gate, has achieved in its first two years (p12).

We also focus on those people who have tried to evade our enforcement officers, and with your help we can identify them (p18).

If getting active is a priority for you, find out what opportunities are available over the half-term break (p40) and how the young fencers at Newham Swords are keeping fit by cutting a dash (p15).

Councillor David Christie

Mayor's Advisor for Small Business and Local Enterprise

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The Newham Mag is printed on 100% post recycled paper by Woodford Litho Ltd and distributed by Letterbox Distribution.

Look out for the next issue from **27 February**
View the mag online at www.newham.gov.uk/mag

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IN BRIEF //

Stadium operator appointed

WNG Stadium, operators of the Stade de France in Paris, have been appointed to manage the Olympic Stadium at Queen Elizabeth Olympic Park for 25 years.

They will work with the E20 Stadium Partnership, a joint venture between Newham Council and the London Legacy Development Corporation, to ensure the Stadium is ready to welcome Rugby World Cup 2015, West Ham United in 2016 and the IAAF World Athletics Championships in 2017.

WNG will also promote sport and healthy living and help deliver mass participation events such as the Great Newham London Run.

Shape sexual violence services

Residents are being asked to help shape services in Newham that support people who have experienced sexual violence.

Newham Council has commissioned the Rape and Sexual Abuse Support Centre to seek views from people aged 16 and over who have been forced or coerced to do something sexual or had something sexual done to them that they didn't want.

A short survey is available online at www.surveymonkey.net/s/RASAAG which can be completed anonymously. You can also email operations.coordinator@rhasac.org.uk or call 0206 660 3311 in confidence.

Social care survey

More than 1,500 users of Newham Council's adult social care services have been randomly selected to take part in a survey about their experiences.

If you have received the survey 10 in and return it to the council by 13 March. Comments will help improve the quality of care and support that is provided to residents.

If you need support to fill in the survey call 020 3373 1520 or for further information contact Carla Lubin on 020 3373 2774 or email Carla.Lubin@newham.gov.uk

>>> Young offer healthy suggestions

More than 30 young people aged 14 to 18 from across Newham, including Young Mayor Yaseen Elux and members of the Youth Council, have had their say on services provided locally by the National Health Service.



They attended the Health Matters Ideas workshop at Newham Town Hall, East Ham, to discuss what health services are on offer for young people and how they can get more involved with health decisions.

The session was arranged by the NHS Newham Clinical Commissioning Group (CCG) and Newham Council. The youngsters suggested ways to improve healthcare. There was also information and advice about healthy eating and fitness. Dr Lizi Goodyear, a local GP who is on the CCG board, said: "The young people were keen to play a more active role in telling their friends, families and neighbours know about healthy living and shape the services offered locally."

Hallsville Quarter moving forward

Property development company Bouygues has signed agreements for the second phase of the Hallsville Quarter project in Canning Town.

The project is a major part of the Newham Council's £5.7 billion Canning Town and Custom House Regeneration Programme, providing a new town centre for the area and linking into the existing facilities on Barking Road.

Phase two will provide a new pedestrianised thoroughfare with shops and restaurants and a 196 bedroom hotel, as well as landmark residential towers delivering 342 new homes with a range of tenures. Secure parking for around 350 cars and cycling facilities will also be included.



Councillor Lester Hudson, Cabinet member for finance, regeneration and planning, said: "This phase will play a significant part in shaping Hallsville Quarter, assisting in meeting the borough's housing needs, as well as creating many job opportunities and public facilities."



Community garden project blooming

Residents have been digging in to make sure a new community garden in Forest Gate is set to bloom and grow.

Volunteers who make up the Forest Gate Community Garden joined forces with environmental regeneration charity Groundwork, local police officers and Newham Council's Community Neighbourhood team to clear rubbish from the derelict site in Earham Grove. They also created pathways using slabs that had been recycled as part of the transformation of Queen Elizabeth Olympic Park.

Councillor Rahima Rahman, community lead member for Forest Gate, dropped in to lend a hand. She said: "There is a lot of hard work going on to make this a beautiful garden space where the whole community can come and enjoy."

To discover more about the community garden and how to get involved visit www.forestgate-community-garden.org.uk or email info@forestgate-community-garden.org.uk



Cllr Rahman, with garden volunteers, June 2014

Airport expansion approved

Newham councilors have resolved to grant planning permission for the expansion of Billerston's London City Airport that would see the taxi way for planes extended, an additional seven plane stands and a hotel by 2020.

The Strategic Development Committee approved the application subject to 131 separate conditions that strengthen the council's powers of monitoring the airport. These include a reduction in the number of flights permitted to take off from the airport from 120,000 a year to 111,000.

Residents will benefit from additional transport services and a £5.8m contribution from the airport towards employment, education and training - £5.84m of the total being channelled using the council's employment service Workplace.

The application will now be considered by the Mayor of London and the Communities and Local Government Secretary.



Artel's impression of the expanded airport

>> Noise man made to pay

A Plaistow resident who was prosecuted by Newham Council after neighbours complained about his loud music has been fined a total of £250.

Magistrates at Havering Court heard how the council's enforcement and safety team went to the home of Anthony Kheib, 66, in Boundary Road in November 2013 and issued him with a warning notice. The officers were again called by neighbours in December 2013 and March 2014. Prosecution proceedings then got under way.

Kheib denied but was convicted of two breaches of the

noise abatement notice. He was also ordered to pay court costs of £125 and a victim surcharge of £20. He claimed the noise was not loud enough to be a nuisance.

Councillor Ian Corbett, mayoral advisor for environment and leisure, said: "Noisy neighbours can be a nightmare. We will use all the powers at our disposal to ensure responsible residents are not affected by anti-social behaviour."

If you would like to report a noise nuisance call **020 5430 2000** or visit www.newham.gov.uk/noise

No point in ignoring the facts

No other fencing team is seeing anywhere near the level of success that the young people at Newham Swords are achieving.

They have 16 current international at various age group levels. We help them financially because we believe the skills, experiences and confidence the young people gain is helping them achieve their full potential.

The pressures on what we spend in the wake of serious reductions in our funding from the Government may mean we can't keep offering our kids the same opportunities those in more affluent areas get. I've asked British Fencing, the sport's governing body if they can lend a hand. I'm disappointed they don't appear to want to

requires all competitors pay their own way to get to GB events, as well as for blades and other expenses. For fencers from "traditional" social demographics this may be affordable. This is not the case for Newham residents.

I want our young people to have the highest aspirations. I don't want to deny them opportunities when they achieve. That's why we've agreed some short-term funding to support the members of Newham Swords going to competitions, but we can't keep on doing that.

If British Fencing is ever going to be a truly inclusive organisation, and achieve the social and ethnicity

equality set by national bodies like Sport England, it must seek to support talent from non-traditional backgrounds rather than deny them.

The vast majority of the Team GB fencers would describe themselves as white and from higher social profile groups. The Newham fencers in Team GB represent a multi-ethnic profile and are from homes with mainly lower incomes. I can only assume therefore that the lack of funding for our fencers means British Fencing is not prepared to provide equality of opportunity for talented performers. That's a shame, but we can work with them to demonstrate real social change through sport.

"I want our residents to have the highest aspirations. I don't want to deny them opportunities when they achieve."

Public and National Lottery funds provided to governing bodies of sport are meant to help participants excel and reach the peak of their sport. In my opinion British Fencing is not honouring its side of the bargain. I got the fact that British Fencing



Mayor's view

Remembering is an act of defiance

I like to think that our coming together in Stafford to mark Holocaust Memorial Day was an act of defiance.

When people with backgrounds from across the world come together as one to celebrate diversity and remember lost lives, it is a living monument against fascists like those who orchestrated the Holocaust.

We should be incredibly grateful that there are people like Rudi Oppenheimer who want to share their memories with us and young people especially. Stories like his help us to remember that there are real people behind those numbers. In Newham we have a history of diversity going back many years. Our borough is home to people speaking more than 200 languages. Many of them have had to flee their countries due to persecution. I'm proud that we celebrate that diversity and that we can celebrate difference while treating everyone equally.

As a council we will continue to do our part by making sure that in our decisions no one group is favoured over others and by creating as many opportunities as possible for people to mix. That way we can build the friendships and respect that stops intolerance from growing roots in our community.



Stadium news to cheer



The announcement of VINCI Stadium as the operator of the Olympic Stadium for the next 25 years marks another step forward in the long-term future of the venue for the benefit of Newham residents.

VINCI have a good track record and a wealth of experience in managing top class venues. We are working with them to ensure the Stadium will be a world class visitor attraction that delivers job opportunities, community benefits and increased sports participation, but more importantly transforms lives of local people for the better.

Turning the Stadium into a multi-use arena is proceeding at pace with the new roof almost complete. More than 5,000 people will have worked two million hours once the transformation is complete, many of them supplied through our employment service Workplace. I cannot wait to see it in action.

with Sir Robin Wales

Speak up and never forget

Almost 500 residents including children from more than 30 schools, Mayor Sir Robin Wales and Newham councillors gathered at the Old Town Hall in Stratford on 27 January to light candles and to mark Holocaust Memorial Day (HMD).





The theme of this year's HMD event was Keep the Memory Alive. It took place on the 70th anniversary of the liberation of the Auschwitz-Birkenau concentration camp and featured Holocaust survivor Rudi Oppenheimer sharing his story.

Rudi, who was born in Berlin in 1931, had moved to Holland in 1935. In 1943 he and his parents and siblings were rounded up by German troops and incarcerated in Westerbork, a transit camp in the north east of Holland.

In February 1944 the family were moved to the Bergen-Belsen camp in Germany where they lived in barracks within electrified fences and shrouded rail carts that involved standing for hours outside during the height of winter. In April 1945 Rudi and his brother were put on a train out of the camp because the Germans wanted to keep some Jews as hostages. After being on the train for two weeks, travelling 500 miles, they were liberated by the Red Army.

"I want to challenge people to behave in a way that celebrates diversity"

Mr Oppenheimer was keen to attend Newham's event after learning that four posters across the borough advertising it were cluttered with graffiti. He said: "The defacement of your posters made me even more determined to come. What with that and what happened recently in Paris I felt if I didn't turn up then the people who did it have won or will be laughing even more."

The event included readings from pupils from Kensington Primary School, Manor Park, and Kingsford Community School, Beckton, and a dance performance by pupils from Laker Community School, Plaistow. Newham's Every Child a Musician programme's Stars Orchestra and Choir performed special pieces.

Six candles were lit by Mr Oppenheimer, David Gold, chairman of West Ham United, John Barber, The Queen's Representative Deputy Lieutenant for Newham, Major Sir Robin Wildes, West Ham MP Lyn Brown and John Biggs, London Assembly member for City and East, to remember the six million Jewish men, women and children who had perished by the end of the Holocaust as well as six global genocides.

Sir Robin said: "I want to challenge people to behave in a way that celebrates diversity. That is one way we can keep the memory of the Holocaust alive and honour those who died."

Young people remember

Lucie Giamont and Andrei Octavian from Kensington Primary School read a moving piece they had prepared jointly.

"The Nazis caused out devastating crimes against the Jews. In order not to make the same unacceptable mistakes again we need to learn to treat our fellow humans with equal respect. If we do that then we will never have to experience such horrors and cruelty as those seen in 1940s Europe."

"We as the future generation and future leaders of this country need to continue to learn from the dark chapter in human history. We need to protect our fair and democratic way of life."

A survivor's message

Rudi Oppenheimer said: "I keep the memory of the Holocaust alive because atrocities are still happening in the world, not to Jews but to people who happen to be in the wrong place at the wrong time. We have to tell young people about it in the hope they will make a better world. They will keep the message alive."

"I like living in Britain because you can speak up for whatever you want. If you disagree with something or if you feel injustice is being done then you should speak up and protest. You might get your way, you might not, but at least people will listen. If the German people had done so then the Holocaust may not have happened."

"I cannot forgive for what happened. It makes me very sad that so many people like my parents never really had a life. They were 43 when they died. It was terrible for them."

To see video highlights of the event visit www.newham.gov.uk/HMD



Time for sugar swaps



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Care and
support
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Act **FAST** to beat strokes

A stroke is caused by a disturbance in the blood supply to the brain. One in four strokes kill and stroke is the single largest cause of adult disability in England.

Knowing the signs and symptoms of stroke and calling 999 will mean people who have a stroke are more likely to survive and have a good recovery.

People with certain medical conditions like high blood pressure, diabetes and high cholesterol are at a greater risk of stroke, as are people from certain community groups, including south Asian, African and Caribbean.

Lifestyle factors like smoking, being overweight and lack of exercise can also increase the risk.

Latest available statistics show that in Newham 2,777 strokes were registered from April 2013 to March 2014 and there were 80 deaths from stroke in Newham in 2013.

Dr Zuhair Zarib, a GP and chair of Newham Clinical Commissioning Group,

said, "There has been huge strides with stroke care, but prevention is always better than cure. Health checks can reduce your risk of developing serious problems like stroke. I encourage attending a check when you are invited by your GP."

What are the signs of a stroke?

FACE: Has their face fallen on one side? Can they smile?

ARMS: Can they raise both arms and keep them there?

SPEECH: Is their speech slurred?

TIME: Time to call 999 if you see any single one of the signs.

The sooner somebody who is having a stroke gets medical attention, the better their chances of recovery.

What is a mini-stroke?

Transient ischaemic attack (TIA) is also called 'mini-stroke'. It has the same signs, but gets better within 24 hours. It also

needs to be treated as an emergency by calling 999. If you think you have had a TIA in the past and have not sought treatment, contact your GP.

For more information visit www.nhs.uk/actfast or www.stroke.org.uk

Newham Stroke Club is a social club for survivors and their cars gives that meets every Monday and Wednesday, 2-5pm, at Katherine Road Community Centre, E7. For more information email info@newhamstrokeclub.org.uk or call Abdul Shakoor on 07852 357633.



Rich aroma of café society

Cafés and coffee shops are now in vogue as places to be social, chat with friends or colleagues or simply to chill out. CoffeE7 is all that and more.

This popular eatery in Sebert Road, Forest Gate, has just celebrated its second birthday. As well as serving damn fine coffee, it is a welcome haven at the heart of its community, with community at its heart.

CoffeE7 is run like a family business, though not owned by one family. "We are not unhappy if people get that impression," said owner Mic Clarke. "We want it to be a place where people feel welcome with a nice atmosphere."

Mic has lived in Forest Gate for 27 years. He said: "I had various different jobs, the most recent before I started here was an ESOL teacher (English for Speakers of Other Languages). I also

dabbled in catering for a few years. My wife Mary had cooked for weddings and we had done festival catering but we wanted to open a community café."

Mary opened a Saturday stall on nearby Woodgrange Market selling vegetarian chili, which was the forerunner to the café. When it opened they brought daughter Hattie on board as manager. She brought to the table her university experience in hospitality and property management.

Mic said: "There wasn't somewhere like CoffeE7 around at the time so it would either be a great opportunity or a disaster waiting to happen. People warmed to the idea of an artisan café. They would come in and say it feels just

like Hoxton. We weren't trying to create that but we wanted somewhere for the community to come together."

"One of our very first customers said Forest Gate is opening like a flower. I look that to heart. We know there were lots of talented people around who had nowhere to go together and meet friends. We were all tucked away, but now we have managed to flower."

Almost all of the 12 CoffeE7 staff are Newham residents. It is a seven day-a-week business but at its peak on Saturday. As well as cooking more fresh food on the premises than was first imagined, the business is expanding. Coffee and biscuits are delivered to a GP surgery, sandwiches





Mic and Hattie of Coffee7

and bagels are made for community events. Supper clubs are planned. Mary has a cheese stall on Woodgangs Market called the Forest Grater.

Rooms above the cafe are used by the community for yoga, acupuncture, physiotherapy, drawing classes and computer courses. Local councillors also use them for meetings.

Mic said: "We sense we fit well into Newham council's plans to have Forest Gate as a cafe society. The brilliant thing about being here is that it is such a diverse community. We have customers from every walk of life and that makes it a great place to be."

Hattie added: "The family vibe is

important. We employ young people from the local area who we have seen grow up. We also offer a suspended coffee concept where customers can pay for an extra hot beverage that they don't drink - instead leaving it to be claimed by someone who is homeless or broke."

Both are proud with what has been achieved in the first two years. Mic said: "Time has flown by. It is incredibly hard work but the community has supported us and keep coming back. We mustn't be complacent however."

Hattie said: "I am proud of our staff and proud of the way people have responded to us. There is potential for so many more things for the community

We are considering applying for an alcohol licence so we can be open in the evenings, not as a pub or a restaurant but as somewhere people can hang out."

Mic admits the primary focus will always be on serving great coffee and offering a friendly atmosphere. "I hope we continue to be a place where the community wants to be."

Coffee7 is at 10 Sebert Road, Forest Gate, E7 0NG. Opening times are Mon-Fri 7.30am-6.30pm; Sat 9am-5pm; Sun 10am-4pm. Visit www.coffee7.co.uk



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Cutting a dash

The current highlight of Friday night TV viewing might be musketeers fighting heroically with swords, but in Newham young people have been enjoying the cut and thrust of fencing for the past ten years.

Newham Swords was formed by Olympians Linda Strachan and Peter Harper in 2005. The club has rapidly gained a reputation on the national and international scene for developing young fencers, many from what could be called disadvantaged backgrounds, into international competition winners.

The latest off the production line are 18-year-olds Rajan Rai and Jai Bish who have both qualified for the European junior championships this month in Slovenia and the world junior championships in Uzbekistan in April.

Linda, a PE teacher at Rokewood Leader Community School, said: "Both are exceptionally talented. We are looking at two budding Olympians. They might not make it for 2016 but 2020 is what we hope for."

"These guys are not just an asset to Newham, they are an asset to British fencing. They come from quite tough backgrounds. It shows what can be done with hard work and dedication to the sport."

Rajan is number one in the British junior ranks and Jai is number two. They are amongst 15 members of Newham Swords who are representing the country at various age group levels.

Linda added: "Newham Swords is breaking the mould. Our membership is so diverse. We have people of all ages, all nationalities and all abilities mixing together. We are proving that fencing is a sport for all. Young people learn so much from it in terms of confidence, communications skills and fitness."

"This is our tenth year. We are proud that we have been so successful and couldn't have done it without the financial support we receive from Newham Council. We have 15 current internationalists and no other club has ever



achieved that. Our only disappointment is that British Fencing, our sports governing body, doesn't give us anywhere near the support that they should be doing."

Newham Swords are based at SportsDeck, University of East London, Regal Albert Way, Beckton. People of all ages and abilities are welcome on Wednesday, Thursday and Friday evenings. For details of times visit www.newhamswords.org.uk or email lindastrachan@hotmail.com





Newham in pictures



1 Flashing blades: Newham Swords fencers Jol Birch and Rajan Rai train at UEL's SportsDock. E6, in preparation for the European junior championships. 2 Loud and proud: Newham's Every Child a Musician programme's Stars Choir perform at the Holocaust Memorial Day event at Stafford Old Town Hall. E35. 3 Road to fun: Residents young and old enjoy Newham's first Play Street event in Tynney Road Forest Gate. E7. 4 Now we know: Pupils from Bampton Primary School. E6, joined 600 children at Lee Valley Velodrome. E20 for the first NSPCC ChildLine Schools Service Big Assembly. 5 Read at about it: Gerald Koh reads the Coverage, the first in-house newspaper produced by pupils at St Bonaventures School. E7.



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Don't rubbish Newham. Be warned that if you do, and the council's enforcement officers catch you in the act, you will pay the penalty and we'll be after you if you don't.

There are some who believe they're above the law and deliberately provide incorrect information about themselves when confronted or simply cannot be bothered to settle their fixed penalty notices (FPN).

To those people the message is simple – we will use every power at our disposal to track you down and prosecute you – including publishing a photograph of you if we need to establish your true identity.

We will not apologise for cracking down hard on those who commit crime and anti-social behaviour. The pictures on this page variously show people who have either dropped litter or committed other forms of anti-social behaviour. Those people have either failed to pay their FPN or have given incorrect names and we have not been able to trace them.

Don't let these people get away with rubbishing Newham. If you recognise anyone in these pictures please call 020 3373 4479 and quote the reference number below the picture.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- you will not be required to provide your name
- you will not be required to leave your contact details
- you will not have to make a statement



Ref: 00010308



Ref: 00060963



Ref: 00022374



Ref: 00022379



Ref: 00022046



Ref: 00030827



Ref: 00036836



Ref: 00036852



Ref: 00038866



Ref: 00048874



Ref: 00010007



Ref: 00088214



Ref: 00081100



Ref: 00020878



Ref: 00038766



Ref: 00038842

Don't put up with rubbish. Don't drop it and if you see it report it. To get it cleaned up report it online at www.newham.gov.uk/MyNewham or download the Love Newham app by visiting www.newham.gov.uk/lovenewham

Call 020 3373 4479 and quote the reference number beside the picture.

CAUGHT ON CAMERA

Get involved this half-term

Throughout the February half-term school holiday, leisure provider activeNewham is offering an exciting programme of activities bringing together the best that is an offer from our leisure centres, sports facilities and parks.

FREE highlights

Swimming

If you are a Newham resident aged under 16 or over 60, you can swim for free at all of Newham's leisure centres during public swimming sessions

Ability Camp (8-25yrs)

Multi-sports camp for young people with a disability. Mon 16 and Tues 17 Feb, 10am-1pm. Newham Leisure Centre, Prince Regent Ln, E13. Please bring a soft drink and wear suitable clothing to participate in sports

Get Active Outdoors

Throughout the half-term break, there will be free sports sessions in parks in Newham every day from 12noon-3pm. These include football, Us Gals (female only cardio sessions), tennis and athletics. Mon 16 Feb, Kier Hardie Park, E15; Tues 17 Feb, King George V Park, E16; Wed 18 Feb, Central Park, E6; Thurs 19 Feb, Plashet Park, E6; Fri 20 Feb, Shoreditch Park, E15 (next to the Multi-Use Games Area).

Bugs & Boots Club

Family gardening and nature club for all ages. Sun 15 and Sun 22 Feb. 11-30am-

2.30pm, Newham City Farm, Stansfeld Rd, E15

Magical Market Garden Gathering

Take part in fairy tale story sessions in the new community market garden. Get involved in gardening and you can get your own garden bed. Thurs 18 Feb, 11.30-3.30pm. Newham City Farm, Stansfeld Rd. E15

Discovery Day

Find out about the wildlife at East Ham Nature Reserves. Mon 16 Feb, 12noon-3pm. East Ham Nature Reserves, Norman Rd. E6.



Other Highlights

Kids' Stuff (5-11yrs)

Sports activities and arts & crafts: Mon 16 to Fri 20 Feb. 8am-6pm, £13.75 daily or £56.80 weekly. Newham Leisure Centre, Prince Regent Ln, E13. Advanced booking required. Call 0300 124 0123.

Swim School Crash Courses

Intensive five-day swimming courses for all ages including adults: activeNewham can help you get started or improve your skills in the water at leisure centres across Newham. Mon 16 to Fri 20 Feb £21.15 junior, £20 adults. £14 cones for five day session. Call 0300 124 0123 to book.

Female Indoor Group Cycling (11-16yrs)

Female only supervised group cycling sessions Tues 17 and Thurs 18 Feb. 5-5.30pm. Newham Leisure Centre, Prince Regent Ln, E13, E15. Call 0300 124 0123 to book.

Active Junior Sports Day (11-16yrs)

activeNewham's fitness and wellbeing activities, coaches and instructors will take young people through activities like shuttle swims, active express classes and circuit sessions. Tues 17 and Fri 20 Feb. 2-3.45pm. East Ham Leisure Centre, Blenheim Rd, E5. £9.50 per session. Call 0300 124 0123 to book.

Indoor Cricket (8-16yrs)

Take part in improving your bowling,

fielding and batting at these coaching sessions: Mon 16 to Wed 18 Feb. 10am-1pm, Uxter Community School, St Mary's Rd, E13. £3 per day or £8 for all three days if paid in advance or on day one. Call 0300 124 0123 to book.

Tennis Coaching

Fun outdoor tennis programme with qualified coaches teaching technical skill in Newham. Tennis racquets and balls will be provided. Tues 17 Feb, 10am-1pm (4-7yrs) and 11.30am-1pm (8-16yrs), Stratford Park, E15. Thurs 19 Feb, 10am-1pm (4-7yrs) and 11.30am-1pm (8-16yrs), Cardinal Park, E5. £5 per session. Call 0300 124 0123 to book.

For full details of all half-term events and activities, visit a Newham leisure centre or library. You can also visit www.activeNewham.org.uk or call 0300 124 0123

Call charges: Calls are charged at the same rate as calls to normal landline phones that start with 01 or 03. It is included in call allowances: bundled talk time or "free" minutes the same way as regular landline numbers. All information about the half-term programme can be found on the What's On section of the activeNewham website.



Disabled people on the go

Information about the degree of accessibility for disabled people at more than 1,000 buildings across Newham is available on a new website.

The Disabled Go organisation, working with local disabled residents, was commissioned by Newham Council to visit venues and develop website content so that people have all the access information they need before visiting.

The website has details of buildings under a number of themes covering community places, entertainment, public services, shopping and travel. Disabled people can use the site to make an informed choice about going to places they may have otherwise avoided.

Councillor Olive Furness, regional adviser for adults and health, said: "Newham has one of the highest numbers of disabled people in the country. Providing access information to venues makes it possible for people who are disabled to take part fully in the life of their community." To visit the website visit www.disabledgo.com/organisations/london-borough-of-newham/main-2



Cllr Furness, second from left, alongside the group

Book in for Wind in the Willows for free

Younger residents are invited to join the Inimitable Toad and his friends Potty, Mole and Badger, as they take you on a magical journey through the beautiful English countryside – and Newham's libraries.

The Open Book Theatre company, supported by Newham Council, the Royal Docks Trust and the Arts Council, are staging their production of Kenneth Grahame's *The Wind in the Willows* for free.

Fun and excitement is promised for the whole family at:

- The Gate Library, Forest Gate, Saturday 14 February, 11am;
- Beekton Globe Library, Saturday 14 February, 3.30pm;
- Manor Park Library, Monday 16 February, 5.30pm;
- Canning Town Library, Wednesday 16 February, 3.30pm;
- Plaistow Library, Saturday 21 February, 11am;
- Custom House Library, Saturday 21 February, 3.30pm;
- Stratford Library, Sunday 22 February, 4pm.

Performances are suitable for children aged three and above. Running time is one hour. You can reserve places at your local library or at openbooktheatre.ticketsource.co.uk

Be a diabetes champion

DIABETES

Uninspired people who would like to help improve the lives of people with Type 2 diabetes are invited to become Diabetes Community Champions. Diabetes UK in partnership with NHS Newham Clinical Commissioning Group and Newham Council are looking for 16 people to organise local events and activities such as talks, community meetings or awareness days, cook demonstrations.

The winners would also support people with Type 2 diabetes to access services and make healthy lifestyle choices.

Successful applicants will be offered a two day training course, but must then commit to volunteering for at least one engagement activity per month in the Community Neighbourhood where you live.

The closing date for applications is Friday 6 March. To apply for a post or for more information email Sebeena.Sutts@newhamccg.nhs.uk

In market for games



Market Games@NHS

The successful Market Games event for young people aged nine to 18 returns to Queens Market in Green Street, Upton Park, during their term on Wednesday 15 February from 2-5pm.

A host of free activities are being arranged by residents and councillors supported by Newham Council's Green Street Community Neighbourhood team, leisure partner activeNewham, the Metropolitan Police and the local Turco store.

Activities are also suitable for residents who are aged up to 26 and consider themselves to have a disability.

Games on offer include BMX cycling, indoor rowing, table tennis, table tennis, wheelchair basketball and penalty shoot-outs. The day follows two successful Market Games events in Queens Market last year.

For further information about the event contact **0204 414 2726**.

Have your say on pharmacies

Residents are being offered the opportunity to have a say on the amount and quality of pharmaceutical services being offered in Newham.

The Pharmaceutical Needs Assessment (PNA) is a legal document being developed by Newham's Health and Wellbeing Board that analyses the health needs of residents and what is being provided by local pharmacies.

A draft version of the document is available online and people have until 5 April to make comments via a short online questionnaire at www.newham.gov.uk/pna.

Residents can have a say on whether there is sufficient numbers and choice of pharmacies where they live and whether they are adequately responding to the changing needs of the community.

Comments on the draft will be considered when developing the final report which is due for publication at the end of April.



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry

GALLERY



Salim S Thomas, 4



Nilesh Kaur, 4



Kevin S Thomas, 7



Aranya Dharmalingam, 3

Win free membership at Stratford Picturehouse

The usual winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2GU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Jokes

Q: What's the best thing to put into a pie?

A: Your teeth!

Q: Did you hear the joke about the peanut butter?

A: I'm not telling you. You might spread it!

Q: Why do the French like to eat snails?

A: Because they don't like fast food!

Q: What is the difference between a fish and a piano?

A: You can't tune fish!

Q: What part of the turkey is musical?

A: The drumstick!

Q: What type of music are balloons scared of?

A: Pop music!

Q: What is the musical part of a snake?

A: The scales!

Q: Why couldn't the athlete listen to her music?

A: Because she broke the record!

October, 11

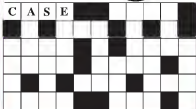
Colour-me-in Wordfit

3 letters

DUE
EUX
ERA
ODE
OLD
RED

4 letters

AXLE
BLUE
EARL
EDEN
LAST
LEAN
CLAT
PAKE
ODE
ROTA
SLUG
STAR
WITH



WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1

Community Cricket – Every Weds, 8.30-10pm, Newbig South Farm College, Prince Regent Ln, E13 14JY. Free cricket sessions. Beginners welcome. Call 07576 338 593.

2

Short Mat Bowls – Every Thurs, 1.30-3.30pm, Beckton Globe Library, Kingsford Way, E6. Over 50s. Score points by rolling a heavy ball along a flat surface. Costs 50p per session. Call 07443 624 075.

3

Free Kids' Indoor Football – Every Sat, 11am-12noon, Carpenters and Docklands Centre, 98 Gibbins Rd, E15. Please bring own pads. Call 020 8534 4121.

MENTION THE MAG...

The NCT Nearly New Bale is offering the chance to have a clearance of your unwanted goods. Sell your mum-to-be, infant baby and pre-school toys, clothing and accessories. The event is organised by local parent volunteers for local parents to recycle and support charity.

Enjoy the sale on Saturday 14 March between 11am-12.30pm at Carpenters and Docklands Centre, 98 Gibbins Road, E15 8JL. Mention this copy of the Mag when registering. Email NHS.Newham@ncl.org.uk to register your interest.

BIG SALE

TRY SOMETHING NEW... NEEDLECRAFT

If you have spare time on your hands and have an interest for knitting then get involved in designing and making cushion covers, throws, clothes or even something you have designed yourself.

Needlecraft workshops are taking place at the Royal Dock Learning & Activity Centre, Albert Rd, E16 on Mondays between 10am-12noon.

Your first session is free when you show this copy of the Mag and £2 for every session thereafter. If you would like to get involved, visit www.rdlac.org.uk or call 020 7476 1066.



Indicates free sessions

Libraries unless stated

UNDER-FIVES

Music and Rhyme
Tues, 10.30-11.15am,
Custom House

Rhyme Time
Thurs, 1.30-2.15pm, Custom
House, Mon, 4-4.45pm,
Ganning Town

Storytelling
Mon, 11am-12noon, Tues,
10-11am, Beckton Globe,
Mon, 10.30-11.15am, Custom
House, Tues, 10.30-11.30am,
Ganning Town, Tues, 11am-
12noon, The Gate, Tues, 10.30-
11.30am, Thurs, 9.45-10.45am,
East Ham, Sat, 11am-12noon,
Green St, Fri, 11am-12noon,
Marlow Park, Thurs, 2-3pm,
North Woolwich, Thurs, 2-3pm,
Rushey, Tues and Fri, 11am-
12noon, Stratford

Stay and Play

Support for parents and carers to develop their child through play. *Term time.* Weds and Sat, 11am-1pm, Stratford, Thurs, 1-2.30pm, Jack Cornwell C.C., Fri, 10.30-11.30am, The Gate, Tues, 9.30-10.30am, Jays C.C., Tues, 10am-12noon, Grayscote

Music and Movement
Sessions for parents/carers and children
Mon, 10-11am, Grayscote

YOUNG PEOPLE

Board Games Club (7-13yrs)

Play chess, Checkers, Ludo, Pictionary and more. *Term time.* Thurs, 4-5pm, Green Street and Custom House, Thurs, 4-5pm, North Woolwich, Tues and Fri, 4-5pm, Stratford (term time)

Homework Club (7-14yrs)
Free study support. *Term time.*

Rt 4-6pm, Backton and Canning
 Bawg 19.3.30-5.30pm Thurs
 4-6pm Plestow Rt 4-5.30pm
 East Ham, Sat 2-3.30pm Green
 St Weds 3.30-5.15pm Manor
 Park Mon 3.30-4.30pm, North
 Woodwich Mon 4-6pm, Stratford
 Sat 10am-12noon, The Gate

Games Club (7-14yrs)
 Sony PS3, Xbox360 Nintendo
 Wii, board games and more
 Tues 3.30-5.15pm, Custom
 House Thurs 4-6pm
 Canning Town Wed 3.30-
 5pm, Forest Gate Mon, 3.30-
 5pm, Plestow, Sat 2.30-4pm,
 Manor Park

Froud Young Project (7-16yrs)
 Activities for young people Mon,
 3.30-5.30pm Jack Cornwell C C

Children's Movie Club
 Booking essential Thurs
 4-6pm 7-12yrs The Gate
 Tues 17 Feb, 3.30-5.30pm,
 6-12yrs (under 8s must be
 accompanied by an adult)
 Green St

Arts and Craft Workshop (5-yrs)
 Fri 3.30-5pm Green St
 Sat, 2-3pm, Custom House
 and Canning Town, Tues
 4-5pm Plestow Tues 17 Feb
 10.30am-12noon, Manor Park

Puzzles, Quizzes & Colour
 Mon 3.30-5pm Green St

Young Readers Club (7-12yrs)
 Read and discuss your favourite
 books Tues, 4-5.15pm, North
 Woodwich, Sat 10.30am
 12noon Manor Park

Chinese New Year Craft (5-12yrs)
 Mon 16 Feb, 2-5pm Tues 17 Feb
 2-3pm Thurs 16 Feb 2-3.30pm
 Green St Thurs 16 Feb, 10.30am-
 12noon, Manor Park

Inflatable Penalty Shootout (5-12yrs)
 Wed 16 Feb 7.30-2.30pm,
 Green St

Party Games (5-12yrs)
 Wed 16 Feb 2.30-3.30pm,
 Green St

Fancy Dress Party (5-12yrs)
 Fri 20 Feb 2.30pm, Green St

Children's Movie Marathon (10-13yrs)
 Weds, 2pm, Plestow

Interactive Reading Session (5-12yrs)
 Mon 16 Feb, 2.30-4pm, Wed
 16 Feb, 2.30-4pm, Fri 20 Feb
 2.30-4pm Manor Park

Let's Start Sewing (7-14yrs)
 Beginner sewing classes
 Sat, 12noon-3pm, Woodman
 C C Woodman St, E16 Email
 theseamstess@btopenworld.org.uk

ACTIVITIES AND SUPPORT

Time-2-Craft (16-4yrs)
 Sat 10am-12noon Stratford

Adult Reading Group
 Discuss your favourite books
 and discover new writers Sat
 12noon-1pm Green St Thurs
 16 Feb, 6.30-7.30pm East Ham

Chess Club
 Mon, 5.30-7.30pm, East Ham
 Weds 5.30-7.30pm Green St
 Thurs, 5.30-7.30pm Stratford
 Fri, 3.30-5.15pm The Gate

Coffee Mornings
 Tues 10-11.30am, Backton,
 Wed 16 Feb 10.30am 12noon
 Green St Wed 16 Feb, 10am-
 12noon, East Ham Tues 17
 Feb 10.30am 12noon, Plestow
 Thurs, 10-11.30am Canning
 Town, Tues 17 Feb 12-3pm
 Custom House Thurs 16
 Feb 11.30am, North Woodwich

Do it Online (16+yrs)
 Free six or eight-week basic
 computer training. Advanced
 booking required, contact
 library directly Tues 10am
 12noon The Gate, Tues,
 10am-12noon East Ham, Tues
 10am 12noon and 2-4pm
 Plestow Mon, 10am-12noon,
 Manor Park Weds 2-4pm
 Stratford, Thurs, 10am
 12noon Green St, Thurs,
 10am 12noon, Katherine Rt
 C C

Knit & Natter (16+yrs)
 Weds, 10am 12noon, Backton,
 Fri 10.30-11.30am Canning Town
 Fri, 10am-12noon, East Ham,
 Tues, 10.30am 12.30pm
 Manor Park Weds, 10.30am-
 12.30pm, Green St

ICT Surgery
 IT advice for all ages
 Mon 10am 12noon and
 2-3pm Plestow Wed,
 10.30am-12noon, Stratford,
 Fri, 2-4pm Canning Town

Stratford London Toastmasters
 Public speaking and leadership
 club 1st and 3rd Monday of
 month, 6-8pm Stratford
 Free applies Call 020 3373 0826

Weekly Out Together
 Try new things Weds,
 10.30am 12.30pm, Green St
 Call 020 3373 0857

Love Newham app drop-in
 Learn how to report issues
 via the app Mon 10.30-
 11.30am The Gate

Sexual Health Advice
 Mon 22 Feb, 11am-2pm,
 The Gate

Inspire Futures Orp in
 Advice on ESOL and
 citizenship Thurs, 2-4pm
 Green St

Community Links
 Debt, housing and benefit
 advice Call 020 8548 8825 to
 make an appointment.
 Thurs 19 Feb, 3.30-5.30pm,
 Katherine Road C.C. Call 020
 8548 8848; Mon 16 Feb,
 12noon-2pm Green St Call
 020 3373 0857

ESOL
 Improve your English language
 Mon and Weds, 12.30pm
 Call 020 8548 8772 to enrol
 Katherine Road C.C., Tues
 9.30am 12noon Fri 9.30am-
 12.30pm Jack Cornwell C.C.
 Tues and Fri, 1-3pm, Plestow,
 ESOL citizenship and Life in
 the UK preparation class

ICT Drop-in Session
 Set up a My Newham profile
 and create an email account
 Fri 10am 12noon, The Gate
 Fri, 10am-12noon, Green St

Rings Night (16+yrs)
 Thurs 5-7pm, Green St

Aerobic Exercise
 Workout and body stretching
 Tues, 8.30-10.30am Jack
 Cornwell C.C. £1.50

East Ham Youth Zone
 Sony PS4, Wii, darts and other
 activities Tues 4-7pm East Ham

Nappy Living Club
 Indoor and outdoor activities
 for over 50s Tues and Weds,
 1.30-5.30pm Jays C C

Writers Group
 Thurs 26 Feb 5.45-7.30pm
 The Gate

SIT Drop-in
 Fri, 12noon-1pm Stratford
 Thurs 26 Feb 10-11.30am,
 Canning Town, Tues 26 Feb,
 11am-12.30pm, Custom
 House Wed 25 Feb, 3-4pm
 Green St

Valentine's Day Card Making
 Sat 14 Feb 3.30-5pm Manor
 Park

New Deaf Club
 Opportunity to learn new and
 exciting things for members
 Mon, 6-8pm Stratford Costs
 up to £2

Community Networking Mornings
 Wed 25 Feb 10am The Gate

CYANA
 Cancer You Are Not Alone
 Thurs 26 Feb 3-5pm, The Gate

COMMUNITY ACTIVITIES

Bumps and Babies (up to 1yr)
 A free home-based meet
 up every Wed, 1-3pm for
 expectant parents and
 those with babies Email
 newhamctb@btopenworld.com

Meet and Greet

Mums, Bumps and Babies
In various cafes around
Newham. Visit www.mumsandbabies.com
or email jag@babiesandmums.com

Royal Docks Learning & Activity Centre

Men, Needlecraft, 10am-12noon, £2
Tues, Healthy Cooking, 12noon-1.30pm, £2
Parent and Toddler Group,
10am-12noon, £1
Bingo 10am-12noon £1
Wed, Keep Fit, 10-11am, £2
Employment 1-2 1 support, by
appointment
Job Club 10am-2pm
**Thurs, Tai Chi, £2, first session
free, 10.30am-12noon**
Line Dancing, £1, first session
free, 7-8pm
**Royal Docks Learning &
Activity Centre, Albert Rd, E16**
Call 020 7476 9822. Visit
www.rdlc.org.uk

Junior Volunteer Police Cadets (10-12 yrs, term time)

**Wed 3.30-5pm Little Bford
School, Browning Rd, E12, £1**
**Thurs 4.15-5.45pm Upton
C C, Claude Rd, E13 £1** Call
07500 881 370

Senior Volunteer Police Cadets (13-17 yrs)

**Wed 6.30-9pm Little Bford
School, Browning Rd, E12,
£2.50** **Thurs 6.30-9pm, Eastlea
Community School, Eving Rd,
E15, £2.50** Call 07500 881 370

Boxing and Self Defence

Boxing (Newham College)
Mon, 5-6pm East Ham
College High St South, E6

Fight For Peace Boxing
Mon to Fri, 4-5pm 10-14yrs
Mon to Fri 5-6pm, 14yrs
Woodham St, North Woodham,
E16, Call 020 7474 0054

Punch Dart (18+yrs)
Fri 4-5pm, Katherine Rd C.C.
254 Katherine Rd E7

Intense Fitness (14+yrs)
Workouts, boxing and wrestling
Fri, 8.30-10pm, £3 The Henley
Centre £3 Call 07878 253 942

Newham Shoulin Karate
Wed (term time) 4.30-5.30pm
Fri 6-7pm and 7-8.30pm Sun
10-11am Under 15s £4
15yrs £5, concs £3
Newham Leisure Centre, E13
Call 07500 070 638

Bookham Shoulin Karate
Mon and Wed, Juniors and
beginners 7-8pm, all other grades
8-9pm First session free under
10yrs £4, 10-15yrs £5, concs £3 UEL
Sports Dock, call 07766 685 859

Stratford Judo
Competition training Juniors
(8-14yrs), Tues and Thurs 6.30-
8pm seniors (15+yrs) Tues and
Thurs 8-9.30pm
Beginners, Juniors (8-14yrs)
Wed, 6.30-7.45pm seniors
(15+yrs), Wed, 7.45-9.15pm
From £2.15 per class
Carpenters Docklands Centre,
99 Galsbro Rd, E15
Call 07955 801 260
www.stratfordjudo.com

West Ham Boys ABC
Mon, Wed, Fri, mixed (8-16yrs),
5-6pm Sat, boys (8-11yrs),
10-11am, girls (7-10yrs), 11am-
12noon, £2.2 London Rd, E13
Call 020 8472 3614

HEALTH AND FITNESS



Athlete

All ages and ability Mon
11am-12noon (women only)
Wed, 11am-12noon (mixed)
Jack Cornwell C.C.

Bookcamp and Circuits with AI
Mon 6.30-7.30pm, Cranston
East Community Hub, E13 £4
Call 07950 944 252

Jenice's Fitness
Mon, 7.15-7.45pm, Better abs,
£3, The Henley Centre, E6
Call 07818 000 543

Twisted Pink Street Dance
7-11pm Thurs, 6-7pm Sat

**Lake's Church, Taring Rd,
E16 12yrs+ Fri 6-7pm,
Maryland Studio, 84
Laytonstone Rd E15 £3** Call
07067 544 017, visit www.twistedpink.org.uk

Zumba fitness
Mon and Wed, 7-8pm, £5 and
£4 for 2nd class. Village Lane
Community Centre, Goulet Ct,
E15 Call 07500 898 665

Zumba with Jessica
Mon 6.30pm £2.50
Asia Community Hub, 16a
Carnar Rd E15 Sat 9.00am,
concs £4, Community Resource
Centre, 200 Chigwell Ln E13
Call 07884 951 484

Zumba
All ages Registration essential
Bring water and a towel
Wed 7-8pm £5 Backton
C.C. Fri, 9.30-10.30am, £3,
Jack Cornwell C.C.

Let's Yoga

Thurs 6.30-7.30am
Grassroots, £5 Sat, Mon
12noon Joyes C.C., E1 Wed
7-8pm Plesow £3

50+ ACTIVITIES



Age UK East London
Nordic Walks (18+)
Tues 9.30-10.45am meet at
Age UK East London Newham
Branch 605 Barkin Rd E13
Sun, 10-11am, meet at entrance
of the Copper Box, Queen
Elizabeth Olympic Park, E20
For more info call 07989 538 242

Health Walks
Mon 2pm starts by the War
Memorial, Central Park E6
Call 07518 750 120

Tues, 10am starts outside Frat
& Menger at Stratford Station
Call 0844 414 2728

Tues 1.30pm starts at the corner
of Winkless Flats at the junction
of Capital Rd and Woodford Rd
Call 0844 414 2728
Wed, 10.30am, starts outside
Hamelin Centre, Moatway Rd,
E15 Call 07870 291 120
Thurs, 1.30pm starts at the corner

of Winkless Flats at the junction of
Capital Rd and Woodford Rd Call
07508 744 520
Thurs, 2pm, starts by the War
Memorial, Central Park, E6
Call 07518 750 120
Fri 10.30am, starts outside St
Mark's Community Centre, Tolgate
Rd E6, Call 07508 744 520

Newham Striders
Daily walking group
Call 0844 414 2728

Nordic Walking
Wed, 9.30am Meet at Lord
Lester Health Centre, E7 Not
suitable for wheelchairs
Call 07780 690 429
Fri 6.30-8pm Meet at
Newham Leisure Centre, E13
Sun, 10-11.30am Meet at East
Ham Leisure Centre, E8

Young at Heart
Bingo Club Mon 12noon-
4pm E1 Joyes C.C.

Ballroom Dancing St Paul's
Church Centre, Burgess Rd, E6
£2.50 per session
Call 07761 209 463

Active Centre Bingo (50+yrs)
Thurs, 7-8pm, Jack Cornwell
C.C.

Dover 50s club
Thurs 10am-12noon, Backton

Tea Dance
Wed 10 Feb, 1-3pm, St Mark's
C.C. E1 £5

GREEN



Green Gym
Wed 10am-1pm meet at Water
Centre in East Ham Nature
Reserve Norman Rd, E6, Call
07945 973 150

Green Volunteering
Tues and Thurs, 10am-12pm
Silverdown Wy, E16 pop
Halbottle Rd

Garden Club
Tues, 1-3pm, Thurs 4-7pm,
Sat, 10am-4pm, Abbey-Grove,
Bakers Row E15

Gardening Thymes

Gardening Club

Fri 11am-1pm, Bowling Green, Central Park, High St South, E5

Grow Together Be Together Community Gardening Club

Wed 10am-1pm Sat 1pm-3pm Flinders Park, Melbourne Rd, Waltham, E5. Call 020 5535 7070

DOORSTEP CLUES



Call 0844 414 2726 unless otherwise stated.

Athletics Club (14yrs+)

A multi sport session focusing on athletics, football and the gym. Tues 5-6pm, Newham Leisure Centre, E13. Call 07718 394 755

Gym & Basketball (14+yrs)

Tues 6-10pm, E2, Rokaby School, Barking Rd, E16

Stunt & Tumble (14+yrs)

Thurs 7-9pm, E5, Talent Choir & Dance, Gallions Reach, Arncliffe Wy, E5. Call 07966 612 610

FEMALE SPORTS



Basketball Sessions

Tues 4-5pm, Chobham Academy, 40 Cheam Ln, E20

Dance2Dance (12-16yrs)

Street dance, Fri 3-3.30-5.30pm, Newham Leisure Centre, E13

Female Boxfit (14+yrs)

Mon 4.15-5.15pm, Bakers Leisure Centre, E13. Call 07590 769 526

Girls Football (11-15yrs)

Tues 4-5.30pm and Thurs 5-6pm, Newham Leisure Centre, Fri 5-7pm, Memorial Park, E15

Girls Group Cycling (11-15yrs)

Tues and Thurs 5-5.30pm, Newham Leisure Centre, E13

Just Play (14+yrs)

Wed 5.30-6pm, multi sports, Park Ave, Cumberton School, E13. Call 0844 414 2726

Abso Blast (11-15yrs)

Thurs 5.30-6pm, E3 10, Newham Leisure Centre, E13

Athlete (14-18yrs)

Athletic fitness, Wed 5-5.30-6.30pm, E1, Flinders Community Centre, Napier Rd, E5. Call 07718 394 755

Female Only Gym Sessions

Mon 3-4pm, 15-25yrs. Mon and Wed 7.30-10.30pm. Tues and Thurs 12noon-1.30pm. Sun 3-5pm, 11-15yrs, E4 05, Newham Leisure Centre, E13

Get Back Into Netball

Tues 6-7.30pm, Juniors 7.30-9pm seniors E2, Lister Community School, E13. Call 07717 281 529

Julie's Mums On The Run

Wed 10-11.30am, E5, or bring a friend and both pay £4 each. Abbey Lane Park, E15. Call 07961 374 772

Keepfit

Wed 10am, E1, Chendas East Centre, E15. Call 07520 944 025

Keep Fit - Stay Fit

Sat 10-11am, E9-50, Jack Cornwall C C, E12. Call 07726 054 116

Ladies Only Keep Fit

Wed 10am, E1, Chendas East Centre, Chendas Rd, E15. Thurs 10am, E1 50, Rokaby Centre, Rokaby St, E15

Sheila's Yummy

Mummy Buggy (16+yrs)

Mon 10-11.30am, E5, Central Park, High St South, E5 (meet outside cafe in the park). Fri 10-11.30am, Pleshat Park, Pleshat Gr, E5. Call 07596 614 026

Women's Badminton

Fri 1-2.30pm, East Ham Leisure Centre, E6, E2 equipment provided. Call 07590 162 505

Women United APC (11+yrs)

Mon (after 5pm), 8-7.15pm, E1, Kingsford School, E5. Call 07752 932 879

Zumba and Tone

Tues 1.15-2.15pm, C1, St Bartholomew's Church/Hall, Barking Rd, E5. Call 07944 775 679

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Ability Club (14-28yrs)

Multi sports for disabled young people. Wed 5.30-6.30pm and Fri 4-4.45pm, Newham, E13

Athletics (8-18yrs)

Tues 4.15-6.15pm, Bepton Manor, Roston Rd, E6. Thurs 4.30-5.55pm, St Angela's, Uxbridge School, E7. Email: enquiries@englandathletics.org

Family Swims

Sat 4.30-5.30pm, Newham Citizens Swimming Club, Newham Leisure Centre, E13. Call 07931 785 739. Sun, 12.30-2pm, Family Swims, Newham Leisure Centre, E5. Call 020 7476 5274

Get Fit for Free

Tues 1.30-3.30pm and Fri 10am-12noon. Free gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 020 7511 4477

Sensory Play (U5yrs)

Wed (after 5pm) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email: neem@oliverthomasnewham.co.uk or call 020 8821 0367

Swim for Families

Dealing with Autism. Wed 4.15pm, Bakers Leisure Centre, E13. Call 020 7476 5274

Trampoline Sessions (U10yrs)

Tues 4.30-5.30pm, U10yrs, Newham Leisure Centre, E13. Call 020 7511 4477

Support in Action (16+yrs)

Indoor and outdoor activities, advice and support. Thurs 12noon-3pm, Upton C C

RUNNING



Beckton Park Run

Sat. 8am, Beckton Park South

E10. Call 07718 394 755. www.parkrun.org/beckton

East End Road Runners

Tues and Thurs 5pm. Sun, 8am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07595 261 847

Run England

E2 unless stated.

Sun 10am-12noon, Newham Leisure Centre, E13 (meet on track). Mon 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Wed 12noon-1pm, Newham Leisure Centre, E16 (meet at reception). Thurs 5-5.15-6.15pm, UCL, Docklands Campus, E16 (meet at reception). Sat 10-11.30am, Westwood Fields, E12 (meet at Harrow Rd, Chipping Pavilion). Sat 10-11.30am, Memorial Park, E15. E4 (meet at car park). Call 07716 394 674

SPORTS



Athletics

Newham and Essex Angles Athletics Club. Mon and Wed 6-8pm. Foundation Groups (8-10yrs). Mon 7-8pm and Wed 6-7pm, E5. Joinance. Midland Stadium, Newham Leisure Centre, E13. Visit www.newhamandessxangles.co.uk

BMX (8-18yrs)

Sun 10am-12noon, E5. Occasional. Playing Fields, St Albans Ave, E5. Call 07961 333 615

Fencing with Newham Swords

Tues 6-8pm, Thurs 6-8pm. Fri 7-10pm. Classes for adults (16+), and mini-pros (4-7yrs). UEL Sports Deck. Call 07526 616 688

Indoor Cricket (8-16yrs)

Wed 6-8pm, E2. Lister Community School, E13. Email: paul.farthing@uecl.ac.uk



Black Arrows

Badminton Club

Adults: Fri, 7-9pm Juniors
Sat 10am-12noon, £3.70
East Ham LC, Adults: Weds,
7-9pm, UEL SportsDock
Call 07932 037173

Woodside Badminton Club

Fri 7.30-9.30pm intermediates
and club standard £5 wages
£3 unwaged. Carpenters and
Dockland Centre 58 Globe
Rd, E15 Call 07955 150 240

FOOTBALL



Air Football (16-yrs)

Tues 1-3pm Fri, 10am
12noon Memorial Park,
Memorial Ave, E15
Fri 8-9pm Backton
Powerleague, £5
Visit www.airfootball.co.uk

Football and Athletics

Thurs, 4-5.30pm Brimley
Wedge 65 Evelyn Rd, E16

Football & Multi Sports

Mon, 4-5.30pm, Newham
Leisure Centre, E13
Wed 5-6pm Stratford
MUGA, West Ham Ln, E15

Mayor's Football League

U10yrs, U12yrs, Mon, 4-5.30pm,
U15yrs, U18yrs, 6-7pm
Newham Leisure Centre, E13

Premier League (16-yrs)

6-a-side (1-a-side Weds 7-10pm
Newham Leisure Centre, E13

WYU Kicks

Mon, Tues, Fri, 4-7pm
WYUGST, Backton St, G2A

Albion Ct, E6
Thurs 6-30 7.30pm Little
ford Learning Zone
1 Rectory Rd, E12
Thurs 6-30 7.30pm
Stratford Park MUGA, West
Ham Ln, E15
Sat 10-30am 12noon
Newham Leisure Centre, E13

Association Football

Sat 10-11.30am Ed
Reception to 11yrs King
George V Park
King George Ave, E16
Call 07805 584 925

BASKETBALL



Basketball & Multi Sports

Fri, 6-8.30pm, 8-10yrs
Snowhill MUGA, Snowhill
Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm Little
ford Learning Zone, 1
Rectory Rd, E12

National League

Mon 6-8pm U13/14yrs
Tues 6-8pm U15/16yrs
Rokaby School, E16
Thurs, 4.30-6pm U13/14yrs
boys U15yrs girls, 6-8pm,
U18yrs, Newham Leisure
Centre, E13 6-8pm U18yrs
Cumberland School, E13

NCFE Sports - Basketball

Thurs 5-7pm East Ham
Leisure Centre To register
email sports@newham.ac.uk
or call 020 8257 4255

Senior Programme

Mon, 7-8.30pm
Division 2 women and division
3/4 men Rokaby School, E16
Call 07947 407 616

Newham All Star Sports

Academy (NASSA)

Sessions £1 unless indicated
Juniors, Fri 4-6pm
Cumberland School, E13
National league U13yrs, U14yrs,
U18yrs, Tues 6-8pm Rokaby
School, E16
National league U18yrs, Tues
8-10pm, Rokaby School, E16

National league U13yrs,
U14yrs, U18yrs, Thurs,
6-8pm SportsDock
National league U18yrs, Tues,
8-10pm UEL SportsDock
Junior boys and girls, Sat,
10.20am-12.20pm, UEL
SportsDock, E2
Call 07708 503 985
www.newhamsports.org.uk

Youngbloods Basketball

All sessions cost £1
U12yrs, mixed Sat 1-3pm,
East Ham Leisure Centre, E6
U13/14yrs boys, Mon, 6-8pm
and Wed 4-6pm
St Angel's School, E7
U13/14yrs girls Mon 4-5.30-
6pm and Wed 4-5.30pm St
Angel's School, E7
U15/16yrs boys, Tues 6-8pm,
St Angel's School, E7 Thurs,
8pm St Bonaventura's School, E7
U17/18yrs boys Mon and
Wed 8-10pm, St Angel's
School, E7 Call 07958 307 857

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barking Rd,
E6 unless otherwise stated
Wed 18 Feb, 7pm, Health
and Social Care Scrutiny
Commission

7pm, Crime and Disorder
Scrutiny Commission

Thurs 19 Feb, 5pm, Council
Mon 23 Feb, 7pm, Council
Tues 24 Feb, 7pm, Strategic
Development Committee, City
Town Hall Stratford

7pm, Overview and Scrutiny
Committee

CONTACT THE MAYOR

Surgery

Tues 17 Feb, 3pm, Tues 17
Feb, 5pm

Telephone surgery

Wed 25 Feb, call 0800 8400
2000 between 9.30-10.30am
and leave your details. The
Mayor will call you back at a
later time

CONTACT DETAILS

LIVERIES & COMMUNITY NEIGHBOURHOODS

Section Globe 1 Angelus Wy, E6
Canning Town Barking Rd, E16

Custom House

Prince Regent Ln, E16
East Ham 286 Barking Rd, E6
Green Street 337-341
Green St, E13

The Gate 6-8 Woodgrange
Rd, E7

Manor Park

655-691 Romford Rd, E12
North Woolwich
5 Pier Parade, E16

Plumstead North St, E13

Stratford 3 The Grove, E15
Archives and Local Studies
Call 020 3073 6551
email archives@newham.gov.uk
newham.gov.uk

LEISURE & SPORTS VENUES

Balsam Leisure Centre

14 Balsam St, E13

East Ham Leisure Centre

324 Barking Rd, E6

Newham Leisure Centre

281 Prince Regent Ln, E13

NewVic Prince Regent Ln, E13

UEL SportsDock Docklands
Campus, University Way, E16

COMMUNITY CENTRES (C.C.)

Section Community Centre

14 Manor Wy, E8, 020 7511 1214

Field Community Centre

147 Station Rd, E7

020 8536 2600

Grassroots Centre Memorial

Park, Memorial Ave, E15

020 3373 0620

The Hartley Centre

267 Barking Rd, E6

The Hub 123 Star Ln, E16

020 3373 0750

Jack Cornwell Community

Centre Jack Cornwell St, E12

020 8533 3459

Joyce Community Centre

1 James Ct, E13, 020 8546 9635

Katherine Road Community

Centre 254 Katherine Rd, E7

020 8546 9455

St Mark's Community Centre

218 Tolgate Rd, E8

020 7517 1214

Upton Community Centre

Claude Rd, E13, 020 8477 0040

Worcester Ln Community Centre

Glover Ct, E15, 020 8519 0235



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Studies, English, Sociology, Politics, Psychology

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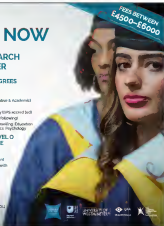
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